

DECEMBER 2024



Middletown Area School District ELEMENTARY LUNCH MENU

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas

Starchy - white potatoes, corn, and lima beans

Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Featured Fruit May Include:
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!
 DAILY ALTERNATES.**

Fresh Entree Salad of the Week



Craveable of the Week which could include:

Nacho with Chips and Salsa, Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and more..

Lunch Prices

- Student \$2.40
- Elementary Tiered \$2.80
- Reduced \$.00
- Adult \$4.35

General Manager

Brian Wallace
 717-948-3300 *6010

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USDA is an equal opportunity provider and employer.

Monday	Wednesday	Thursday
<p>3</p> <p>Genral Tso's Chicken Over Rice or Nachos Grande Tortilla Chips Nacho Craveable Featured Veggies: Steamed Broccoli Choice of fruit Choice of Milk</p> <p>Choice of Milk</p>	<p>4</p> <p>Chicken Alfredo w/Penne Pasta or Waffles with Sausage Patty Nacho Craveable Featured Veggies: Seasoned Peas Choice of fruit Choice of Milk</p>	<p>5</p> <p>Buffalo Chicken Dip over Tortilla Chips or Cheeseburger on a Whole Grain Roll Nacho Craveable Featured Veggies: Green Beans Choice of fruit Choice of Milk</p>
<p>NO SCHOOL</p>	<p>6</p> <p>Pepperoni Pizza or Pulled Pork on a Whole Grain Roll Nacho Craveable Featured Veggies: Glazed Carrots Choice of fruit Choice of Milk</p>	<p>9</p> <p>Corn Dog or Chicken Tenders PB & J Craveable Featured Veggies: Tater Tots Choice of fruit Choice of Milk</p>
<p>16</p> <p>Cheeseburger on a Whole Grain Roll or Hot Ham & Cheese on a Croissant Turkey & Cheese Craveable Featured Veggies: Choice of fruit Choice of Milk</p>	<p>10</p> <p>Macaroni & Cheese with Garlic Knot or Chicken Tacos on a soft shell PB & J Craveable Featured Veggies: Roasted Broccoli Choice of fruit Choice of Milk</p>	<p>11</p> <p>Chicken Patty Sandwich or Turkey & Cheese Hoagie PB & J Craveable Featured Veggies: Baby Carrots Choice of fruit Choice of Milk</p>
<p>23</p> <p>NO SCHOOL</p>	<p>17</p> <p>Popcorn Chicken or Beef Tacos with Hard shell Turkey & Cheese Craveable Featured Veggies: Bell Pepper Strips Choice of fruit Choice of Milk</p>	<p>12</p> <p>Raider Bowl w/Popcorn Chicken & Gravy or Ham & Cheese Croissant PB & J Craveable Featured Veggies: Corn Choice of fruit Choice of Milk</p>
<p>30</p> <p>NO SCHOOL</p>	<p>18</p> <p>Holiday Meal Glazed Ham Scallop Potatoes or Holiday Cookie Turkey & Cheese Craveable Featured Veggies: Coin Carrots Choice of fruit Choice of Milk</p>	<p>13</p> <p>Fish Sticks with Dinner Roll or French Bread Pizza PB & J Craveable Featured Veggies: Cole Slaw Choice of fruit Choice of Milk</p>
<p>31</p> <p>NO SCHOOL</p>	<p>19</p> <p>Spaghetti & Meatballs with Garlic Bread or Chef's Choice Turkey & Cheese Craveable Featured Veggies: Choice of vegetable Choice of fruit Choice of Milk</p>	<p>20</p> <p>Cheese Pizza or Chef's Choice Turkey & Cheese Craveable Featured Veggies: Choice of vegetable. Choice of fruit Choice of Milk</p>
<p>NO SCHOOL</p>	<p>24</p> <p>NO SCHOOL</p>	<p>25</p> <p>NO SCHOOL</p>
<p>NO SCHOOL</p>	<p>26</p> <p>NO SCHOOL</p>	<p>27</p> <p>NO SCHOOL</p>
<p>NO SCHOOL</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p>